



Chex® and Fruit Brunch Cake

 Dairy Free

READY IN



61 min.

SERVINGS



12

CALORIES



415 kcal

DESSERT

Ingredients

- ☐ 2 cups bread
- ☐ 1 cup orange juice
- ☐ 0.3 cup vegetable oil
- ☐ 2 small banana thinly sliced
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup sugar
- ☐ 0.5 cup raisins

- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup bread
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup nuts chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons butter softened
- ☐ 0.5 teaspoon ground cinnamon

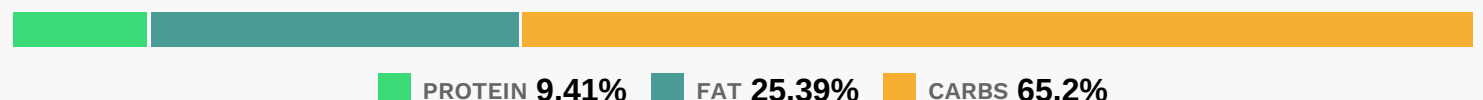
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Spray with cooking spray or grease 8-inch square pan. In large bowl, stir together 2 cups cereal and the orange juice; let stand about 2 minutes or until cereal is soft. Stir in oil, bananas and egg. Stir in flour, sugar, raisins, baking soda, cinnamon and salt.
- ☐ Spread in pan.
- ☐ Bake about 45 minutes or until top springs back when touched lightly in center. Meanwhile, coarsely crush 1/2 cup cereal.
- ☐ Mix with remaining streusel topping ingredients until crumbly; sprinkle evenly over warm cake.
- ☐ Set oven control to broil. Broil cake with top about 5 inches from heat about 1 minute or until bubbly. (Watch carefully to avoid burning.)
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:47.06, Glycemic Load:37.33, Inflammation Score:-5, Nutrition Score:14.78478267141%

Flavonoids

Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 415.1kcal (20.75%), Fat: 11.96g (18.39%), Saturated Fat: 2.04g (12.72%), Carbohydrates: 69.09g (23.03%), Net Carbohydrates: 64.08g (23.3%), Sugar: 27.4g (30.44%), Cholesterol: 13.64mg (4.55%), Sodium: 442.97mg (19.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.94%), Manganese: 1.41mg (70.43%), Selenium: 20.44µg (29.2%), Vitamin B1: 0.38mg (25.34%), Fiber: 5.01g (20.05%), Vitamin B3: 3.82mg (19.1%), Folate: 68.66µg (17.17%), Phosphorus: 170.35mg (17.04%), Magnesium: 65.58mg (16.4%), Iron: 2.73mg (15.16%), Vitamin C: 12.16mg (14.74%), Vitamin B2: 0.23mg (13.73%), Copper: 0.26mg (13.18%), Vitamin K: 12.45µg (11.85%), Vitamin B6: 0.22mg (11.21%), Calcium: 105.13mg (10.51%), Potassium: 349.57mg (9.99%), Zinc: 1.33mg (8.84%), Vitamin B5: 0.66mg (6.6%), Vitamin E: 0.79mg (5.27%), Vitamin A: 158.49IU (3.17%)